

# Lemon risotto with asparagus and crispy tilapia

Total time **90 mins 10 mins** preparation time **20 mins** cooking time **60 mins** marinating time

Nutritional facts (per portion):

2560 kJ / 611.5 kcal

# **INGREDIENTS**

2 portion(s)

**160** g Boneless tilapia fillets (or

other white fish)

4 tbsp Kikkoman Ponzu Citrus

Seasoned Soy Sauce -

Lemon

**3.5 tbsp** Olive oil

**1 pinch** Garlic granules**500 ml** Vegetable stock

**250 ml** Water **50 g** Onion

**125 ml** Dry white wine (e. g.

Vinho verde)

**100** g Arborio rice (risotto rice)

Grated zest of half lemon

1 tsp Lemon juice1 tbsp Grated Parmesan50 g Cream cheese250 g Green asparagus

**1 tsp** Butter

Fat: **29.5** g Protein: **22.8** g Carbohydrates: **53.3** g

## **PREPARATION**

Step 1

Cut the fish into 4 smaller pieces. In a bowl, mix 2 tablespoons <u>Kikkoman Ponzu Lemon</u>, ½ tablespoon olive oil, add pieces of fish, sprinkle with granulated garlic and stir. Put in the fridge for 60 minutes.

#### Step 2

Boil the stock and water in a saucepan. Reduce the heat and keep it on a low heat.

#### Step 3

Finely chop the onion. Rinse the asparagus and break off and discard any woody ends. Cut off the tender tips of the asparagus and cut the remaining stems into slices.

#### Step 4

In a frying pan, heat 2 ½ tablespoons of olive oil and fry the onion. Then add the rice, fry until it becomes slightly glassy. Add wine. When the wine evaporates add 1 little ladle of warm stock and 1 tablespoon Kikkoman Ponzu Lemon. After the stock has evaporated, add another ladle of stock (repeat this step until the stock is used up). 2 minutes before the end of cooking, add the chopped asparagus, grated lemon zest and lemon juice, parmesan and cream cheese.

#### Step 5

Meanwhile, heat ½ tbsp olive oil in a separate pan and fry the marinated fish on both sides.

## Step 6

Heat the butter in a separate frying pan and fry the asparagus tips. After 2 minutes add 1 tablespoon Kikkoman Ponzu Lemon and fry briefly.

## Step 7

Divide the risotto between dishes and serve decorated with asparagus tips and fried fish.